

Claims:

1. A method for preparing a puree preparation from *Carica papaya* fruits, characterized by the steps of:
 - cooking the fruits or crushed fruits, particularly fruits in sieved form, for at least 30 minutes at normal pressure, optionally with at least twice the volume of an aqueous solution,
 - cooling the cooked fruits or crushed fruits for a period of at least 30 minutes in an oxygen-containing atmosphere,
 - optionally crushing, mixing and straining the cooled fruits or crushed fruits until a homogenous puree is obtained.
2. A method according to claim 1, characterized in that said cooking is carried out for at least 2 hours.
3. A method according to claim 1 or 2, characterized in that said cooling takes place for at least 5 hours.
4. A method according to any one of claims 1 to 3, characterized in that citric acid is added during the preparation of the puree, preferably in an amount that leads to a pH of the puree ranging from 3.5 to 5.0 and, in particular, 3.8 to 4.4.
5. A method according to any one of claims 1 to 4, characterized in that the *Carica papaya* fruits are peeled and stoned prior to cooking.
6. A method according to any one of claims 1 to 5, characterized in that the obtained puree is pasteurized.
7. A method according to any one of claims 1 to 6, characterized in that the *Carica papaya* fruits are half-ripe to ripe.
8. The use of a puree preparation from *Carica papaya* fruits obtainable by a method according to any one of claims 1 to 7, for the production of an agent for treating digestive disorders.
9. The use according to claim 8, characterized in that said digestive disorders are selected from the group consisting of chronic constipation, flatulation and irritable colon syndrome.
10. The use of a puree preparation from *Carica papaya* fruits obtainable by a method according to any one of claims 1 to 7, for the production of an agent for strengthening the immune system.
11. The use of a puree preparation from *Carica papaya* fruits obtainable by a method according to any one of claims 1 to 7, for the production of an agent for accelerating wound healing, particularly with *ulcus cruris*.

12. The use of a puree preparation from *Carica papaya* fruits obtainable by a method according to any one of claims 1 to 7, for the production of an agent for reducing the insulin requirement in diabetics.

13. The use of a puree preparation from *Carica papaya* fruits obtainable by a method according to any one of claims 1 to 7, for the production of an agent for increasing vitality.

14. The use of a puree preparation from *Carica papaya* fruits obtainable by a method according to any one of claims 1 to 7, for the production of an agent for improving the condition of patients suffering from Parkinson's disease.

15. A puree preparation from *Carica papaya* fruits obtainable by the method according to any one of claims 1 to 7.

16. A puree preparation according to claim 15, characterized in that it has a water content of 9 to 90%, preferably 60 to 85% and, in particular, 70 to 80%.

17. A puree preparation according to claim 15 or 16, characterized in that it has a sugar content of 5 to 40%, preferably 10 to 30% and, in particular, 12 to 26%.